



PRENATAL
SUBSTANCE USE
PREVENTION
PROGRAM

PSUPP

“The PSUPP program is designed
to help prevent birth defects
as a result of maternal drug,
tobacco or alcohol use
during pregnancy”.



Indiana State
Department of Health

The Prenatal Substance Use Prevention Program (PSUPP) is a three tier prevention program administered by the Indiana State Department of Health (ISDH) with funds granted by the Indiana Division of Mental Health and the Indiana Tobacco Prevention Cessation Program. The program provides education, referrals, and early intervention for substance abuse during pregnancy. Assistance is provided not only to pregnant women, but also to health and human service providers, health care professionals, as well as the communities at large.

The three tiers, or components, of the program focus attention on the general public, health care providers, and pregnant substance users.

The goal of the Indiana PSUPP is "to prevent birth defects, low birthweight, premature births, and other problems associated with prenatal substance use." This can be accomplished by decreasing alcohol, tobacco and other drug use during pregnancy.

PSUPP offers a variety of education, prevention, and intervention services to it's clients at the various sites. Each site caters to the specific needs of that community.

Help give your baby a healthy start!



*It is never too late to quit
and help is available!*

Alcohol - avoid alcoholic beverages. Use fruit juices, water, or other nonalcoholic beverages.

Tobacco - quit, and if that isn't possible, cut down as much as you can.

Drugs - do not use cocaine, marijuana, or any other street drugs. Find other ways to relieve your stress and anxiety.

PSUPP ACTIVITIES

COMPONENT ONE - identify high-risk chemically dependent pregnant women, provide perinatal addiction prevention education, promote substance abstinence, provide referrals to treatment services, and follow-up.

- ◆ *individual counseling*
- ◆ *smoking cessation programs*
- ◆ *group counseling*
- ◆ *community outreach*
- ◆ *networking with other service providers*
- ◆ *collaboration with treatment centers*
- ◆ *support groups for pregnant women*

COMPONENT TWO - facilitate training and education for professionals and para-professionals who work with women of childbearing age on how to identify high-risk chemically dependent pregnant women.

- ◆ *regional training conferences*
- ◆ *PSUPP network*

COMPONENT THREE - public education on the possible hazards to a fetus when alcohol, tobacco and other drugs are used during pregnancy.

- ◆ *public mass media*
- ◆ *presentations*
- ◆ *group counseling*
- ◆ *brochures, posters, & videos*
- ◆ *public service announcements*



I want to be a healthy baby.

Call for help if you are using
alcohol, tobacco and/or drugs.

FOR MORE INFORMATION CALL:

PSUPP

Indiana State Department of Health
Tel: 317-233-1269 Fax: 317-233-1300

<http://www.in.gov/isdh/programs/mch/psupp.htm>

The Indiana Family Helpline
1-800-433-0746 (TDD accessible)